

# ABSTRACT

The present invention realizes a balance training device usable for training a capability of balancing with a user carried thereon in a standing posture or a sitting posture without the need for any complicated linkage mechanism, said device comprising: a plate (1) for carrying a user; a motor (2) for driving said plate; a sensor (3) for measuring a rotation angle of said plate; a torque measuring mechanism (including a pair of force plates 41) for measuring a torque applied to said plate; a kinetic model analyzer (5) for determining a target rotation angle for said plate (1) from said measured torque; and a motor controller (6) for controlling said motor in accordance with a predetermined kinetic model.